

Ham, Onions, and Mushrooms

Ham, onions, and mushrooms, while a delicious meal for people, is not safe for animals. Onions in large quantities have been known to kill dogs. And yes, sometimes dogs get a fingernail sized piece and it probably won't kill a healthy large dog. However, don't encourage them to eat onions, including those growing in the yard. Mushrooms may not be safe for pets either. This is a quick protein and spice filled breakfast to begin a busy day. Treat this dish as a stir fry. In some cases, it can be left to simmer while preparing the day's lunch a few feet away.

Pre Cook Preparation:

- A. Timer set to thaw meat for about 2 hours**
- B. Timer set to the time to begin preparation prior to cooking**
- C. Stay with meal to stir frequently**

Meal Adaptations:

Physical Accommodations:

- Cut meat into bite sized pieces before sitting down**
- Frozen or canned vegetables can be used**
- Long oven mitts and oven rack puller**
- Sit on a stool while stirring**

Visual Accommodations:

- Colored chopping boards**

Potential Food Allergy or Intolerance:

- Beef stock (gluten)**
- Butter (lactose)**
- Chicken**
- Mushrooms**
- Onions**
- Pepper**
- Potatoes**
- Pork**
- Pork Stock**
- Spices**

Meatless Preparation Avoid:

Beef stock

Butter

Pork

Pork stock

Substitute with: _____

Utensils:

Chopping board

Fork

Paring knife

Pot holders

Spatula

Spoon

Pan: 9 inch frying pan

Ingredients:**Meat:**

Ham

Optional:

1 cup of beef stock, or

1 cup of pork stock

Vegetables:

7.5 ounces of carrots

1/4 cup of mushrooms

1/2 cup of onions

7.5 ounces of peas

Other ingredients:

Dash of salt

Spices, such as pepper, to taste

Preparation time: 15 minutes

Preparation:

1. Dice:
 - Ham
 - 1/4 cup of mushrooms
 - 1/2 cup of onions
2. Add to 9 inch frying pan:
 - Ham
 - 7.5 ounces of carrots
 - 1/4 cup of mushrooms
 - 1/2 cup of onions
 - 7.5 ounces of peas
 - Dash of salt
 - Spices, such as pepper, to taste
 - Optional:
 - 1 cup of beef stock
 - 1 cup of pork stock
 - 1 cup of water
3. Bring to a boil.
4. Turn down to a simmer, stirring occasionally.

Cook Temperature: Medium to low

Cook Time: 15 to 20 minutes

Servings: 3

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.